



SNAPSHOT

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Hartgraves Announced as Senior and Disability Services Director

Having to do more with less is never easy, but Celesta Hartgraves is ready to tackle that task as the new director of the Division of Senior and Disability Services.

Celesta joins us from the Department of Social Services Children's Division where she was the assistant to the director and responsible for all child welfare programs. She began her career as a children's service worker for the Department of Social Services in St. Louis City, Adair, Knox and Lewis counties. In that capacity, she provided services to families and foster children, worked on adoptions and conducted child abuse investigations. She also served as a case manager for the Missouri Department of Mental Health's Kirksville Regional Center, where she coordinated monthly budgeting of community placements and assisted clients and their families in coordinating services.

"Serving Missouri's seniors is much like serving Missouri's children-both are vulnerable populations," said Celesta. "As with any population, we must identify the needs and resources that are necessary to meet their needs."

Of special interest to Celesta is financial exploitation. Seniors are often targeted by family members, care givers, neighbors and others during difficult economic times.

"Seniors often have saved over the years and are subject to financial exploitation," said Celesta. "Individuals who have lost jobs often prey on seniors, hoping to secure cash, savings accounts or other assets. With the economic hardships that we are seeing, seniors and disabled individuals are prime targets for such activities."

Knowing state government has given Celesta some comfort in accepting her new position. While working in DSS, Celesta provided budget oversight for all child welfare programs and served as the legislative liaison for the Children's Division. Still she admits that she has a great deal to learn.

"I am so impressed with everyone at DHSS," said Celesta. "Everyone, especially my staff, has gone above and beyond to get me up to speed on priority issues. Coming in during the late stages of the legislative season has been a challenge, but everyone has been exceptional in keeping me abreast of key issues and explaining the department's processes."

Celesta and her husband live in Holts Summit. She enjoys exercising and outdoor activities such as gardening, swimming and biking.



Celesta Hartgraves assumes the role as the director of the Division of Senior and Disability Services. She has served in multiple management levels of Missouri state government, working in programs for families and vulnerable children.

DHSS Is Ready to Respond

Staff continuously train for emergency response situations

Whether facing a massive earthquake, release of a suspicious powder or release of radioactive material, the Department of Health and Senior Services is ready to respond no matter what the disaster or threat may entail. In recent months, the department has tested its capabilities and emergency response plans to respond in several life-threatening scenarios.

On May 25, the Missouri State Public Health Laboratory conducted a full-scale Hazardous Materials Response Exercise in partnership with local agencies including the Cole County Emergency Response Team, Capitol Police, Jefferson City Fire Department, Jefferson City EMS, St. Mary's Hospital, Capital Region Medical Center and the Department of Natural Resources.

Emergency teams practiced their emergency response to the release of an unknown, but potentially toxic, substance within the State Public Health Laboratory (SPHL). Employees practiced a wide range of response procedures. These included moving employees to safe areas, accounting for the whereabouts of all staff members, evacuating the laboratory building and working with local fire and hazardous materials teams. Responders also practiced techniques to quarantine, evaluate and identify the unknown substance. Level A suits made to protect against vapors, gases, mists and particles were used to approach the spill and assess the threat. Specialized mass decontamination tents were used to simulate a mass decontamination of the SPHL staff. Affected employees and responders simulated wet decontamination. The exposed staff members were then transported to area hospitals by ambulance where they underwent another decon process prior to being admitted into the emergency room.

On June 3, the Department Situation Room and the State Emergency Operations Center teams participated in a drill involving a 7.7 magnitude earthquake on the New Madrid Fault. The exercise included challenges that would normally arise in an earthquake of this magnitude. They included damaged buildings, roads and bridges; power failures; flooding; deaths and injuries; request for resources from local responders; and handling resources needed in disaster-stricken regions.

Joining state government, local public health agencies and the State Emergency Management Agency (SEMA), were federal partners such as the Federal Emergency Management Agency and the United States Department of Health and Human Services.

For the first time, the United States Department of Veterans Affairs and the United States Department of Defense also participated to test their new responsibilities regarding the evacuation of hospital patients.



Individuals participating in a Hazardous Materials Response Exercise at the Missouri State Public Health Laboratory simulate wet decontamination.



DSR team members participate in an earthquake drill held June 3.

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"The intent of the exercise was to test processes, so it consisted of federal, state and local agencies who would be involved in the aftermath of an earthquake," said Melissa Friel, director of the department's Center for Emergency Response and Terrorism. "DHSS is always ready to respond whatever the situation might be. Staff are well trained, confident and eager to assist."

The exercise included several new elements including a fully functional Joint Information Center, known as the JIC. Located at the emergency operation's center, the JIC was responsible for coordinating all public information efforts, including emergency messages, media relations and rumor control during a disaster. The JIC plays a key role in emergency operations directed under the national Incident Command System structure and the earthquake exercise provided an opportunity to practice JIC operations with a full staff of public information officers from across Missouri state government.

Missouri will participate next year in a National Level Exercise involving a major earthquake on the New Madrid Fault. Seven states have been invited to participate in the exercise scheduled May 16 to 19, 2011. Those states are Alabama, Arkansas, Kentucky, Illinois, Indiana, Mississippi and Tennessee. The scenario calls for the exercise to begin 24 hours after a 7.7 New Madrid Earthquake.

May 16 will be used for set up and communications checks. May 17 will be the starting point for the full-scale exercise. May 20 will be used for "hotwash" exercise debriefings. Mark your calendar if you are a team member!

Missouri also is ready to respond during a radiological disaster. On June 15, the Bureau of Environmental Epidemiology (BEE) participated in an exercise involving a radioactive material release at the Cooper Nuclear Station (CNS) in southeastern Nebraska. The event involved multiple counties in Missouri and Nebraska.

During the exercise, 15 staff members from BEE integrated with the nuclear station's staff and simulated the release of a radioactive plume from the plant. The exercise involved monitoring the plant conditions and taking environmental samples to determine which protective action should be made. Participants had to decide, for example, whether local residents should be evacuated or instructed to stay in their homes and offices.

"If a radioactive material release were to occur, the DHSS radiological team is ready to respond," said Keith Henke, a planner with the Bureau of Environmental Epidemiology. "Preparedness and timely response are key factors in helping mitigate the effects from a release of radioactive material to the environment, which ultimately protects public health."

The team was evaluated by the Federal Emergency Management Agency on their skills, communication and ability to respond.

Throughout the year, Keith and his team also coordinate medical services exercises across the state where they train hospital and emergency medical systems staff in treatment of patients who have been exposed to or contaminated with radioactive material. They recently completed a Medical Services Exercise with Fairfax Community Hospital in Atchison County, the Atchison/Holt Ambulance District and Nodaway Ambulance District.



State Emergency Operations Center team members respond to resource requests during an earthquake drill at the State Emergency Management Agency.

Oral Health Program Spreads Smiles Across Missouri

Children across Missouri have brighter smiles thanks to the Missouri Oral Health Preventive Services Program administered through the Department of Health and Senior Services' Office of Primary Care and Rural Health. The program, known as PSP, is a children's oral health program that relies on volunteers to help reduce oral disease in their communities. Local dentists, dental hygienists and community members volunteer their time twice a year to provide free checkups and fluoride varnish to children. During the 2009-2010 school year, more than 50,000 children were seen throughout the state. This was an increase from the 35,000 children that participated in PSP during the 2008-2009 school year.

The PSP offers services at various WIC sites, head start centers and schools across the state.

"Children who may not normally receive dental care can receive an annual oral screening to check for tooth decay, education on proper brushing and flossing and an application of fluoride varnish

twice a year to help prevent tooth decay and reverse damage on teeth where a cavity is just beginning to form. They also receive a referral to a dentist for those needing follow up dental care," said Marie Peoples, chief of the Office of Primary Care and Rural Health. "Although these screenings do *not* replace a thorough dental examination, they are a means of detecting problems early and referring children for treatment in a timely manner, preventing future complications."

In the United States, tooth decay is the single most common chronic childhood disease. It is caused by bacteria found in plaque on the teeth. The bacteria convert sugars and starches into acid, which over time and after repeated exposure, weaken the enamel, creating a hole. It is the primary cause of tooth loss in children.

In addition to causing tooth decay, dental plaque can also cause gum disease, or periodontal disease. The bacteria in plaque irritate the gums, causing a condition known as "gingivitis". In susceptible individuals, gingivitis progresses to "periodontitis" causing tooth loss in adults. Individuals need to be aware of the possible effects poor oral health can have on their overall health. Periodontal disease has been linked to certain conditions and diseases such as heart disease, stroke, diabetic complications and preterm, low-birth-weight babies.

"Oral health care means more than just healthy teeth; it is essential to general health" said Marie. "Daily brushing and flossing along with regular dental visits can prevent tooth decay, gum disease and other dental and health problems."

The Oral Health Program offers educational resources and the opportunity to consult from five oral health consultants located throughout the state. The program also loans portable dental equipment to participating dental professionals and organizations to help communities where access to dental care is not easily obtained. If your community is interested in sponsoring such an event, please contact the Oral Health Program at 573-751-6219.

"Oral disease is a serious problem in Missouri," said Marie. "This is unfortunate, because in most instances, it can easily be prevented. Good oral hygiene along with good nutrition can protect your teeth and your overall health."

For more information about PSP and how to get involved, go to www.mohealthysmiles.com. For general information about the Oral Health Program, visit www.dhss.mo.gov/oralhealth.



Dena Ball, DDS, Salt River Health Center's Dental Clinic volunteers her services to the Revere C-3 School District in Clark County. Photo by Revere C-3 School District.

Lock Receives Excellence in Governance Award

Anne Lock was presented the Missouri Hospital Association's 2010 Excellence in Governance award in recognition of her contribution to the health care community. Anne was one of nine hospital board members to receive the award during a June 10 presentation at the Missouri Hospital Association's annual Leadership Forum at Lake Ozark.

Anne has been a member of the Capital Region Medical Center Board for eight years. She has served as a board chairwoman since 2008. She served on the hospital staff from 1981 to 1997. She currently works as director for the Missouri Department of Health and Senior Services' Center for Local Public Health.

"Anne has helped develop the Capital Region Medical Center board into a cohesive, collaborative group that functions at a very high level," said Ed Farnsworth, Capital Region Medical Center president. "Her leadership provided the basis for the hospital to succeed financially and provide excellent patient care."



Anne Lock is presented the Missouri Hospital Association's 2010 Excellence in Governance Award. Anne serves as a board member for Capital Region Medical Center. She is joined by Ed Farnsworth, FACHE, president of Capital Region Medical Center in Jefferson City. Photo by the Missouri Hospital Association.

Brothers Finalist in Healthy Challenge Contest

Wanting to lower his cholesterol and blood pressure and drop 50 pounds, Mark Brothers decided to enter the 2010 Capital Region Healthy Challenge contest. Out of 80 applications, Mark was one of four chosen to participate.

"I wanted more energy," said Mark, who works as an applications architect in ITSD. "My goal is to get my blood pressure at a healthier level and drop my cholesterol, which right now is borderline high."

Finalists in the challenge receive three months free membership to the Capital Region Sam B. Cook Healthplex, two sessions with a personal trainer per week, and weekly sessions of the New Dimensions Weight Loss Program.

Mark says the past participants mentor program along with the professional guidance of all the staff at the Healthplex, is helping him make healthier choices.

"I was one of those that would go for the buffet at lunch time, then eat unhealthy snacks throughout the day. Now I reach for fruit when I am hungry," said Mark. "I am learning how to read labels, count calories and watch the overall health of my diet."

Mark is one month into the challenge, has lost 28 pounds so far, and is committed in reaching his goal.

"The workouts have been intense and I've joked that I've lost inches off my waist because my arms were too sore to lift a fork to eat," Mark said with a laugh. "The experience has really changed my life."



Mark Brothers of ITSD is one of four finalists participating in the 2010 Capital Region Healthy Challenge Contest. Besides working with a personal trainer, Mark is learning to make healthier choices when it comes to food.

2010 First Quarter Director's Team Award

The implementation team for the Missouri WIC Information Network System is the recipient of the Director's Award for Meritorious Team Effort for the 1st Quarter 2010. Team members include staff from WIC, ITSD, General Services and various pilot local public health agencies.

The MOWINS implementation team transferred a new web-based WIC data system with Windows features to replace the out-dated mainframe system known as HANDS or Health Agency Network Data System.

HANDS met only half of the more than 150 functional requirements established by the U.S. Department of Agriculture for a WIC data system. Making the change from the main frame WIC system to a web-based data system has saved money. On average, transaction charges for the main frame system cost the WIC program \$25,000 to \$40,000 per month. The new system does not have transaction charges, costs are incurred, only when the agency uses the mainframe system to determine whether a WIC participant is receiving Medicaid, food stamps or Temporary Assistance for Needy Families or needs a Department Client Number. WIC is now spending less than \$3,000 a month.

For a complete list of team members go to www.dhss.mo.gov/NewsAndPublicNotices/snapshot/WICMOWINSTeamAnnouncementMembers.pdf.



Team members from the Bureau of WIC and Nutrition Services include (front row, l. to r.) Takako Tagami, Jeannie Phelps, Teri Utter, Julie Robinett, Margaret Donnelly, Leslie Worrell, Melissa Seaver, Nancy Green, and Susan Guerrant. (Second row) Bridgett Henderson, Kristina Kleinheider, Debbie Thomas, Phyllis Fuller, Mark Davis, Michelle Nienhuis, Vicki Strickland, Reba Brown, D'Anne Ward and Laura Weiler. (Third row) Lyn Konstant, Kevin Kolb, Kathleen Davis, Sue Redding, Linda Rost, Beth Thompson, Rose Sipakati, Nancy Keim and Kathy Mertzluft. (Fourth row) Mark Wright, Doug McKeever, Larry Rutledge, Jayna Slade, Terry Boston, Rita Arni, Michael Murphy, Peggy Maupin and Jim Schindler.

2010 First Quarter Director's Team Award *continued from page 6*



Team members from the local public health agencies include (l. to r.) LaTina Jefferies and Annita Nickels, Pulaski County; Rhonda Breitenbecher, Johnson County; Robin Goldsmith and Susan Kirkle, Pulaski County; Julie Thorpe, Phelps County; Margaret Donnelly, director, DHSS; JoAnn Martin and Palmira Mitts, Pettis County; Donna Brashear, Pulaski County and Alicia Moreland, Phelps County.

Team members from ITSD include (front row, l. to r.) Sheryl Moser, Alice James, Paula Peters, Margaret Donnelly, Jennifer Doerhoff and Connie Williams. (Second row, l. to r.) Sue Kemp, Melanie Morfeld, JoAnn Harbison, Mark Mantle, Robert Saltink and Paul Monda. (Third row, l. to r.) Ike Cederburg, Drew Thornton, Mark Bailey, Mike Cundiff and Jeff Miner.



VanDyne Honored for Leadership



Tuck VanDyne, chief of the Office on Women's Health, received the Women of Achievement Award from the Zonta Club of Jefferson City during the Club's Yellow Rose Luncheon on May 18. The Zonta Club offers scholarships to women older than age 24 who are in financial need. Successful applicants are women expected to benefit from the organization's mentoring as they return to finish or enhance their educational experience.

Tuck was recognized for her leadership and commitment to health awareness and education. She has been committed to helping women of all walks of life and ages by mentoring college students and leading initiatives that improve the lives of Missouri girls and women.



Employees of the Month



Susan Guerrant

Susan Guerrant, office support assistant in WIC and Nutrition Services, was named Employee of the Month for the Month of May. Susan is a pro at soothing ruffled callers.

"Susan provides exceptional customer service," said her supervisor, Mark Davis. "She is the first one to answer a call, that friendly voice, and is especially adept at handling customers who have complaints. I have seen her get up from her desk and track down an appropriate person to handle the call, ensuring that complaints are resolved swiftly."

Susan also prepares hundreds of training materials for the Missouri WIC Information Network and local agency staff. The materials are completed on time and with all the required documents.

"I cannot say enough good things about Susan," said another WIC staff member. "She is someone you can count on to do the job right, and she is always done before the deadline."

Susan also volunteered to complete an inventory of the program's 2,100 electric and manual breast pumps, used by young mothers who breastfeed



Rita Arni

Rita Arni, a registered dietician for WIC and Nutrition Services, never has a bad day. Though she supervises five people, colleagues say the eternal optimist never raises her voice, expresses annoyance or frustration. She goes beyond her duties to assist staff members with both professional and personal issues. Her door is always open. From micro questions and problems to mega troubles and dilemmas, Rita is eager to help.

Rita is responsible for implementing Fit WIC in Missouri. The nationwide program seeks to

their babies. Each pump has a WIC tag number and a serial number. Susan, therefore, had to enter 4,200 numbers in a database to keep track of the pumps.

"Keeping track of what needed to be entered was very complicated, and she did an excellent job," said the WIC breastfeeding coordinator.

Susan and her husband, Trent, live in Hermann. She enjoys reading, playing Sudoku and working on cross-stitch.

prevent children ages two to five from becoming overweight. She also works on WIC literature, nutrition reports, policies and procedures, drafts and revises monitoring forms, and volunteers for other WIC projects.

Through it all, Rita maintains a sense of humor. "We need more 'nuts,'" she'll joke, when it comes time to hiring more staff. The word is slang for "nutritionist" in the Section for Chronic Disease Prevention and Nutrition Services.

A Marshall resident, Rita enjoys visiting her family in California, Kansas and South Carolina. She likes to garden, golf, ride bikes on the Katy Trail, hike and read.

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Suggestions for future articles can be sent to
Lori.Buchanan@dhss.mo.gov;
phone: 573/751-6062;
fax: 573/751-6041

Kit Wagar, Managing Editor
Lori Buchanan, Editor